

## Welcome to the latest news updates from Glenbrae Care Facility August 2020

### Message from Maria Jay, Village Manager

Hello Everyone

This month has seen our Care Team celebrate some varied events with the most recent being Bastille day, followed by Matariki which marks the beginning of the Maori New Year. We hope you enjoy seeing all the photos of the busy month everyone has enjoyed and also other events coming up.

My office renovation is back on the agenda again and will now start on the 27th of July and take 2 or 3 weeks for Pete our builder to complete.

I will be using the Care facility and Serviced apartment areas to work in during this time and apologise to my neighbours in advance for the extra noise they may hear from time to time. I won't have any access to my landline, but you can still contact me by email, cell phone or ask for me at reception.

I hope you have had an opportunity to have a few days away where possible with the ability to travel locally now, there have certainly been some great deals on offer.

Thank you to all our families and staff who are making sure to stay home when you are not feeling well this makes a big difference to our Residents wellbeing.

Kind regards

Maria Jay,

**Village Manager**



Glenbrae is hosting a Pink Ribbon Event this year on Monday 3<sup>rd</sup> August at the recreation center between 1-3pm for all staff and residents to attend.

Pink Ribbon Day is especially important to Glenbrae, as we have several staff members who are breast cancer survivors. With the support of The Breast Cancer Foundation it helped to make their journey a more positive experience for them.

Glenbrae is excited to hold a Pink Ribbon Day, to raise as much funds as possible to help give back to those who assisted our strong, determined and loving Glenbrae Cancer Survivors.

We will have activities, lite food and drinks and lots of fun planned for this event.

**We have two beautiful raffles at reception if you would like to enter!**

**A BIG thank you to New Zealand Manuka and Sharon for donating the raffles to this amazing event!**

**\$2 per ticket or 3 for \$5 (pictures below of the raffles)**

We also have an online donation page at the Pink Ribbon site if you would like to help us and put in a small donation. The link is:

<https://pinkribbonbreakfast.co.nz/page/glenbraearvidaretirementcare>

**Our amazing colleague Kathy has shared her breast cancer journey and has written this for our Pink Ribbon Event. Please see her story on the following pages**



[www.glenbraeretirement.co.nz](http://www.glenbraeretirement.co.nz)

## Kathy's Breast Cancer Journey

**I was diagnosed with Invasive Breast Cancer on August 25th (Daffodil Day) 2017.**

I had surgery on October 17th 2017. I remember this date clearly as the Glenbrae Staff were doing the **Pink Walk** which is a Fundraiser for the Breast Cancer Foundation, which a group of my colleagues do each year.

My pathology results had shown Lymph Node involvement. I managed to keep positive as much as possible and had wonderful support from my family, friends and Glenbrae colleagues.

Chemo treatment started in early January 2018 and continued for 6 months. During this time, I started attending **"Look Good Feel Good"** classes in Rotorua, which helps so many ladies going through Cancer.

We learned make up techniques, had scarf and wig classes, exercise classes and even massages. These classes were all free and made possible through donations and fundraising events, just like the **Pink Ribbon Events** held annually around New Zealand.

I had Radiotherapy at the end of July 2018 for 5 weeks and stayed at the Lions Cancer Lodge in Hamilton. This amazing service is made possible and run solely from donations, fundraising and volunteers. A shuttle service is also provided from Rotorua to Hamilton which helps reduce an immense amount of stress for families.

I was prescribed an Endocrine medication for 5 years, which is a standard treatment. This is a hormone blocker that stop Cancer cells from growing.

After completing Radiotherapy, I felt very privileged to be offered the chance to jump on board a clinical trial called the "Monarch E Study" which targets the high risk of recurrence of Breast Cancer.

This included going on a Abemaciclib medication (a cancer therapy that may slow cancer growth by preventing cells from dividing) and the standard Endocrine tablet verses the only standard treatment that is available now.

**The 2-year trial is due to finish for me in September 2020.**

I am very excited with the first phase 3 results of the trial being recently released, which had shown that Abemaciclib significantly reduced the risk of cancer returning in people with HR+/HER2 – early breast cancer.



Thank you to Glenbrae (Arvida) for your support during my cancer journey, helping to make it possible for me to return to work during chemo, doing non-patient care, as this helped my wellbeing and gave me a sense of worth and reason to get up in the morning.

Their support in being flexible with time off, which enabled me to be able to take part in the clinical trial at Waikato Hospital, as this was a big commitment.

It started off with 2 weekly visits, to 6 weekly visits, 6 monthly visits up to two years. It then extends out to 6 monthlies to yearly follow up for 10 years.

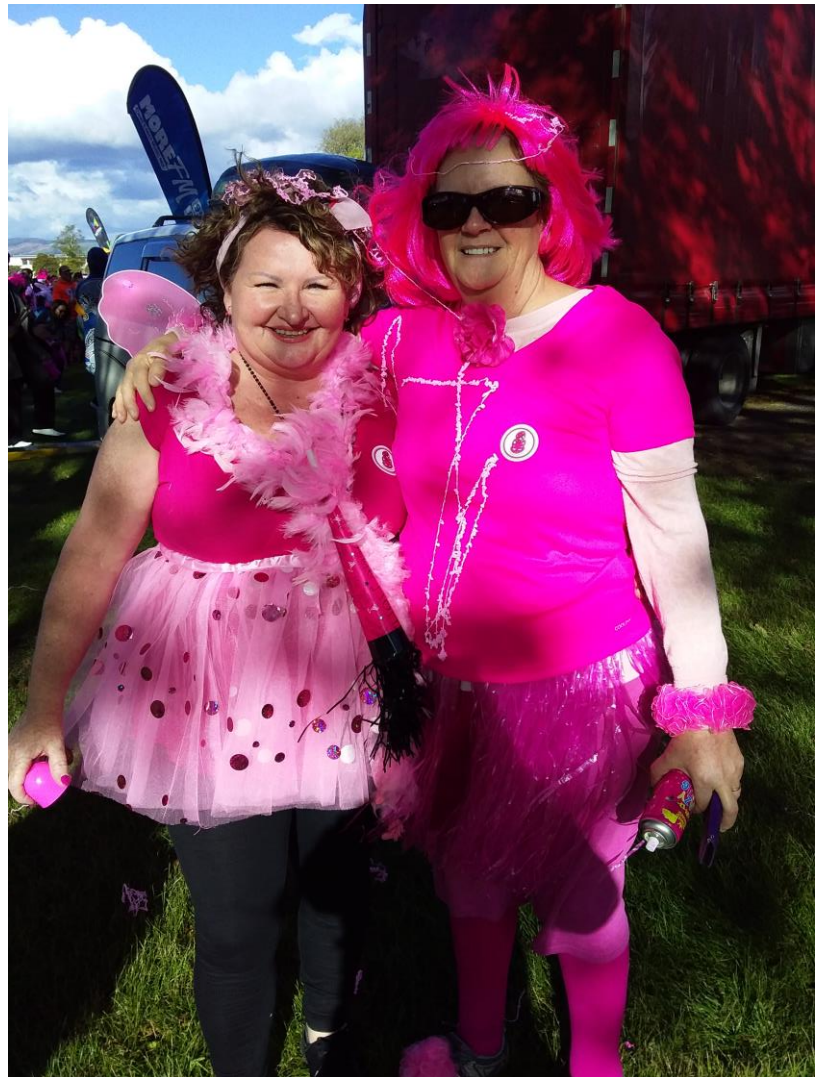
So please get behind Glenbrae with their Pink Ribbon Fundraiser

On Monday 3rd August as this fundraising and the donations made help with research, education and help make a difference for treatments and medications to be available to everyone, helping them with survival of Breast Cancer.

Thank you Glenbrae, family and friends.

**Live, Laugh, Love!**

**Kathy**





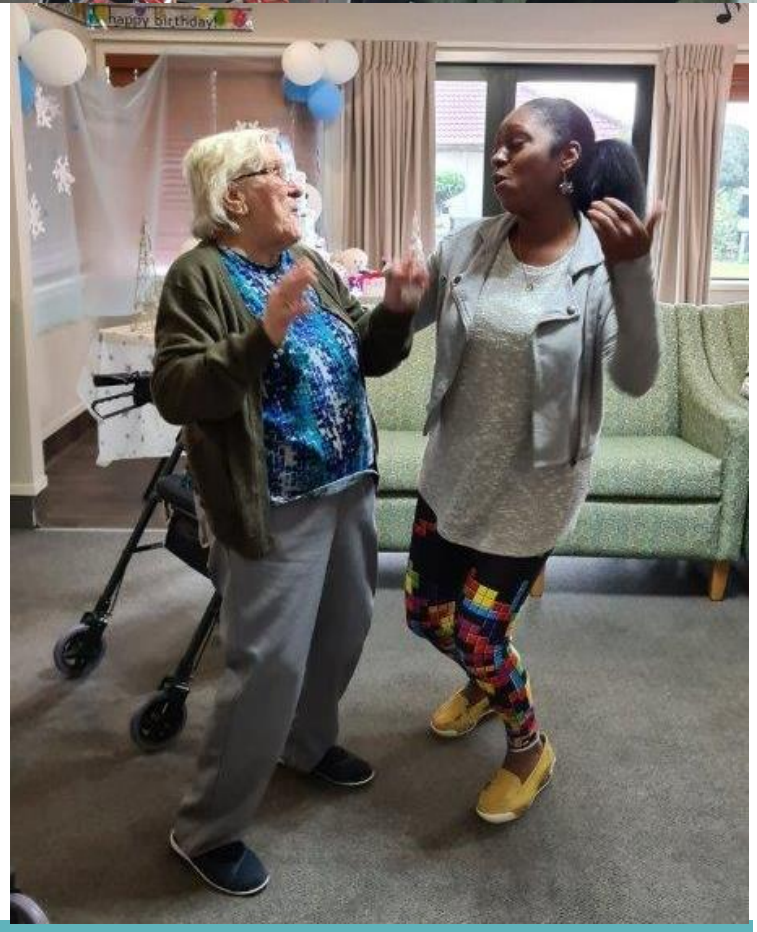
## Message from the Activities Team: Tania, Jun, Carolyn, Ely & Janie!!!

Please connect with us with one of the following links:

**Glenbrae's Skype Account** - GLENBRAE WELLNESS

**Wellness Email Address:** - [wellness@glenbraeretirement.co.nz](mailto:wellness@glenbraeretirement.co.nz)

**Facebook URL** - <https://www.facebook.com/Glenbrae-Village-Resthome-Hospital>





Happy Birthday Marion!



[www.glenbraeretirement.co.nz](http://www.glenbraeretirement.co.nz)



## Baking Rose Chocolate!!!! YUM











**Happy  
Birthday  
Janie and  
Suresh!!!**





The Two of US entertaining!







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Ice Cream Time!!



Ice Cream Time!!



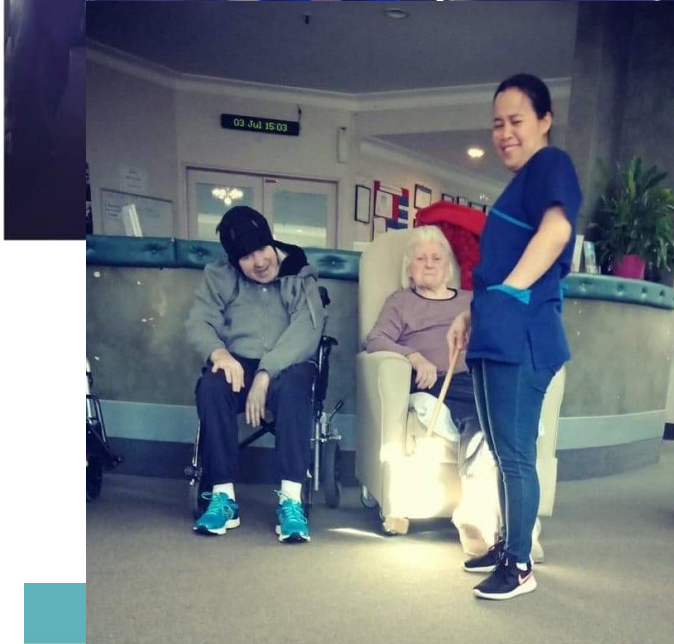


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**Glenbrae**  
ARVIDA RETIREMENT & CARE

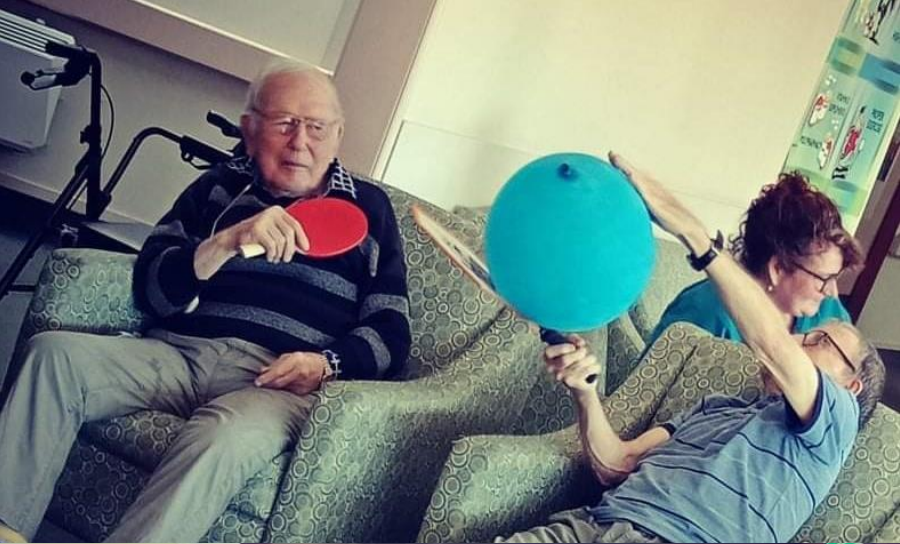












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### Card Making with Christine







VS









Hello Everyone,

Here at Glenbrae we are looking after our staff overall health and wellness. Amid of this global pandemic, we are privileged to be living in this beautiful country New Zealand, where travelling is pretty much back to normal and we do not have to worry about wearing PPE's.

As part of our wellness program to move well for the staff, we have launched a new campaign to encourage staff and their family and friends to "travel locally" and to rediscover and appreciate the benefits of travelling in your own backyard. Travelling is known to have a positive impact on individual's overall health and well-being. By doing this, we could achieve the dream of every adult individual to have a Life-work balance.

Also, we are helping our local businesses to grow and boost New Zealand economy. So, go out today, connect with nature and appreciate the beauty of Aotearoa. Enjoy your future travels and have fun doing it.

Kind Regards,

Jun Ruzol  
Wellness and Rehabilitation Champion

## Explore your own backyard





**Check out some of our newly dressed communal areas including our Whanau Kitchen in Jasmin wing!!!**









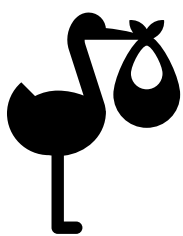
Glenbrae Babies



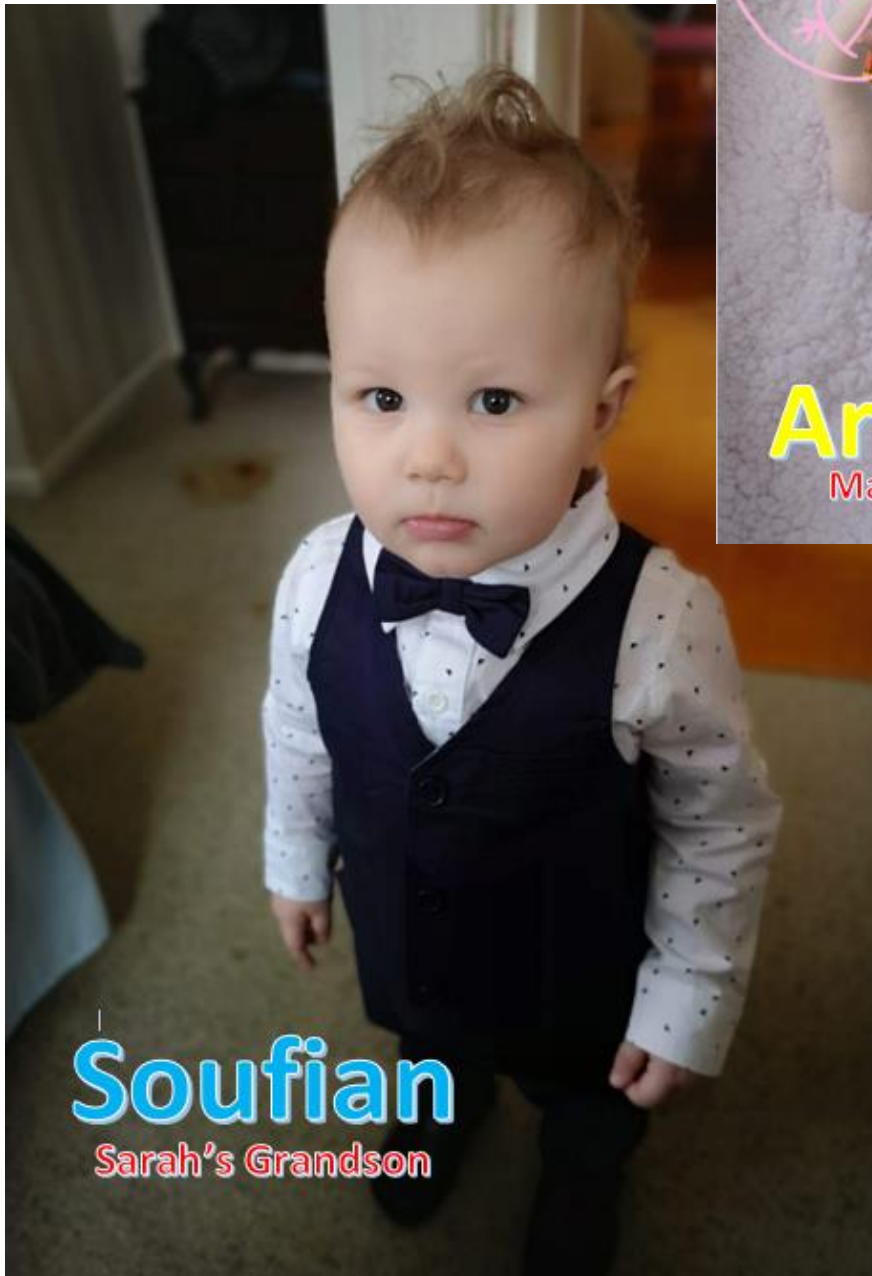
**Ella & Archie**  
Tania's Grandchildren



**Mason**  
Kelly's Son











**Reegan**  
Maria's Grandson



**Elise, Julius & Reegan**  
Maria's Grandchildren







**Junior**  
Sivoki's Grandson



**Anay-Lee**  
Sivoki's Granddaughter







**Joseph**  
Sheryline's Grandson



**Te Ao**  
Hine's Granddaughter



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## Daffodil Day 28<sup>th</sup> August 2020

This year, the Cancer Society celebrates 30 years of Daffodil Day in New Zealand on **Friday 28 August**.

We will have two collection boxes on site at both reception desks. This year they will have the additional feature of a QR code, which will enable the public to donate directly online as an alternative to donating cash.

Money raised from Daffodil Day will help the Waikato/Bay of Plenty Cancer Society provide supportive care for people with cancer, fund cancer research and deliver health promotion programmes to reduce the risk of cancer.

### Cancer Society Merchandise Range

You can also support the Cancer Society by purchasing their merchandise range online - Bears, Cookbook, Pen, Tote bag and a Tin man framed print.



2020 - 30<sup>th</sup>  
Anniversary Bear



## Construction Update

### Duplex Villas

The Duplex Villa projects progressing nicely, with Unit 1 progressing with the interior painting and services fit-off.

The second Unit's framing is complete and roof trusses complete allowing the roof to be finished, the services electrical/plumbing 1st fix is also progressing.

The third units slab is now complete, with exterior framing to follow.

The driveway planning complete with preparation works due to commence, with the soft landscaping (plants etc) detailing in progress.



## Save our Environment!

Check out these Eco Friendly, 100% Compostable and biodegradable bags for your fruit and veges at Pak 'n' save!!

- Contains GMO-free corn starch
- Home & Commercially Compostable
- Non-Toxic water based inks. Food & Freezer safe.



# 6R's

1. **Refuse** what you don't need
2. **Reduce** what you do need
3. **Reuse** anything that you can
4. **Recycle** what you cannot refuse, reduce, or reuse
5. **Rehome** what you no longer need or want
6. **Rot** (i.e. compost) the rest

## Laughter IS THE BEST MEDICINE...

1. If walking is good for your health, the postman would be immortal
2. A whale swims all day, only eats fish, only drinks water and is fat
3. A rabbit only eats vegetables, runs and hops all day long and only lives 5 years.
4. A tortoise doesn't run and does nothing energetic, yet it lives for 450 years

And you tell me to exercise! I don't think so 😊





If you are unwell, have a temperature or fever please do **NOT** come and visit your loved one.

We would like to keep the winter bugs and illness out of our Facility and protect your loved ones



✦ SCENTS FOR THE SIGNS ✦

Aries  
BERGMONT



Taurus  
EUCALYPTUS



Gemini  
SWEETGRASS



Cancer  
YLANG YLANG



Leo  
SANDALWOOD



Virgo  
ROSEMARY



Libra  
GERANIUM



Scorpio  
PALO SANTO



Sagittarius  
CLOVE



Capricorn  
CEDARWOOD



Aquarius  
NEROLI



Pisces  
LAVENDER



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## MUSSEL FRITTER AND FRIED BREAD BURGER RECIPE – FROM JAY & SARAHS WEBSITE

### INGREDIENTS

#### MUSSEL FRITTERS

- 12 cooked mussels, removed from shells
- 1 cup corn kernels canned or fresh
- 1/2 cup water
- 1/2 red onion diced
- 2 eggs, beaten
- 1 cup self-raising flour
- 1 teaspoon Baking powder
- 1 teaspoon Cajun seasoning
- salt to season
- 1/4 cup oil to cook

#### WATERCRESS AND APPLE SALAD

- 2 cups of watercress or leafy greens
- 1/2 apple diced
- 1 garlic clove minced
- 3 tbs Sesame oil
- 3 tbs Olive oil
- 3 tbs Apple cider vinegar

#### CREAMY HERB AIOLI SAUCE

- 1 cup Best Foods Aioli
- 1/2 cup fresh basil sliced
- 1 Spring onion sliced
- 5 Large fried bread, toasted in the oven

### INSTRUCTIONS

#### TO MAKE THE MUSSEL FRITTERS:

1. Add eggs, flour, cajun seasoning, water and salt to make a soft batter.
2. Dice the mussel meat and add into the batter with the corn and onion.
3. Heat the oil in a shallow frying pan. Place two tablespoons of the mixture in the oil and fry the fritters for 2-3 minutes on each side until they are golden and cooked through. Drain on paper towels.

#### TO MAKE THE SALAD:

1. Add all salad ingredients in a bowl and mix to combine. Set aside.

#### TO MAKE THE SAUCE:

1. Add all sauce ingredients in a bowl and mix to combine. Set aside.
2. You can blitz the sauce in small hand processor if you prefer it less chunky.
3. To build your delicious burger, slice your fried bread open add a layer of the creamy herb aioli, place a fritter inside and top with your fresh salad mix. Repeat this process until all burgers are made. Plate up and devour.

